

SCANPAN®

STAINLESS STEEL

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User Guide

Important information on how to use and care for your SCANPAN



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Looking after your SCANPAN

It is important that you read the information below to ensure you protect your investment and extend the useful life of your cookware. It has been devised to help you understand the materials that have been used to manufacture this cookware, how to care for and maintain your cookware, and some useful general information to assist you in your culinary pursuits.

Cleaning

Before first use

- Remove any labels.
- Wash in hot soapy water with a nylon brush, cloth or sponge and then dry.
- Never use a metal or other harsh scourer nor harsh powder to clean your cookware.
- Ensure the cookware is completely dried before storage.

Routine Cleaning

- To prevent warping, never put cold water into a hot pan. Extreme temperature changes may cause any metal to warp.
- Avoid use of excessive high heat. Only use low to moderate heat.
- It is important to remove all food fat and residue from the cookware to ensure best performance each time you use your cookware.
- Never use harsh or abrasive cloths or cleaning liquids/pastes.
- Never use oven cleaner.

Removing burned on and dried on foods

- Allow the cookware to cool.
- Partially fill with cold water and detergent or vinegar (ratio 3:1), place on cooktop and bring to a boil over medium heat until food particles loosen.
- Let cookware cool down again, rinse out the particles, then clean as per the routine instructions.

Removing heat tint and food stains from stainless steel pans

Heat tint is a streaking (usually a bluey brown colour) appearing on the surface of the stainless steel. This is most commonly caused by heating the steel too quickly and results in an oxidation of the visible surface. This will not damage the pans, nor affect their performance.

- Make a paste using a quality stainless cleaner with water.
- Alternatively, a natural option using 2 tbs of bi-carb soda mixed with water to a paste can be applied.
- With a soft circular motion using non abrasive cloth, gently and slowly remove the marks.
- Never use oven cleaner on your cookware.

Removing minor scratches

- Bright metal marks may appear on your cookware in the first few times it is used. By applying a good quality stainless steel cleaner to a soft non-abrasive cloth and following instructions above, these can be removed. Please note that such marks do not affect the normal use of your cookware.
- Never cut or chop food on stainless steel cookware.
- Take care when storing your cookware - use paper towels in between or place in unwanted cotton pillow cases to protect each piece being stacked or stored in the cupboard.

Keeping Copper Cookware looking bright and new

- Make a paste using 1 x tsp salt and 1 x tbs vinegar.
- Rub gently with non-abrasive cloth. Rinse, wash again with hot soapy water.
- Dry thoroughly before storing.

Dishwasher Use

Whilst dishwasher safe, SCANPAN will always recommend hand washing to extend the useful life of the product.

Storage

To prevent scratching and general damage use paper towels in between or unwanted cotton pillow cases as a cover to protect both the external and internal surface from other objects in the cupboard.

Lids, Handles, Knobs

- SCANPAN lids are either made using quality stainless steel or tempered glass designed to withstand high temperatures (oven safe to 200°C)
- Never place lid directly on the cooktop. Use extreme caution when removing lids from hot pots to avoid steam burns.
- Always use heat resistant mitts to avoid burns.
- Do not place hot lid on a cold surface
- Clean your lids in hot soapy water with soft cloth to avoid scratching.
- Handles and knobs are made with high quality stainless steel.

Whilst designed to stay cooler for longer, care should always be taken when using equipment where high temperatures are involved - SCANPAN always recommends the use of handle holders, oven mitts and other heat resistant accessories when cooking.



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Cooktops

- **Always refer to your cooktop manufacturers instructions before using this cookware.**
- Please refer to the packaging of your SCANPAN cookware piece(s) for cooktop suitability.
- Most SCANPAN stainless steel cookware is suitable for all cooktops, including induction.

Gas

- Always ensure the flame does not extend up the side wall of the cookware, as this could cause damage and/or excessive heat on the handles themselves. This would also indicate excessive heat which is not recommended.
- Gas cooktops may have uneven surfaces and should never be left unattended.

Electric

- Ceramic/halogen cooktop - always make sure both the surface of the cooktop and the base of the cookware are clean before each use.
- Permanent marks may result if this is not done.

Induction cooktops

- Induction cooktops - always make sure both the surface of the cooktop and the base of the cookware are clean before each use.
- Permanent marks may result if this is not done.
- Not all SCANPAN Stainless Steel/Copper cookware is suitable for induction technology. Refer to product packaging.
- **This is a fast and efficient cooking technology and very different to standard electricity. Please read cooktop instructions before use.**

General Use

Choose the right size cookware for your cooktop. Not only will this ensure you have the right tool for the job, you will ensure maximum energy efficiency.

- Never leave cookware unattended.



- Always ensure handles are well away from the edge of the cooktop to prevent accident and personal injury.
- Do not allow the cookware to boil dry nor leave an empty cookware piece on a hot cooktop.
- Do not leave utensils in the cookware whilst cooking - use spoon rests, trivets and other accessories.
- This cookware is not designed as a food storage device. Remove all food from cookware and then store appropriately, thoroughly washing and drying your cookware before correct storage.
- Splatter guards, steamers and some other stainless steel and other accessories should never be placed directly on the cooktop
- Lift cookware off cooktops. Do not slide.

Microwave Ovens

Not suitable for microwave ovens

Ovens

Most SCANPAN Stainless Steel cookware is oven safe to 200°C (including lid). Refer to packaging of your SCANPAN cookware purchase for specific details.

Cooking Tips - using Stainless Steel

- Stainless Steel in itself is not a good conductor of heat and can result in hot spots. SCANPAN stainless Steel cookware has eliminated hot spots with the addition of an aluminium core enveloped in Stainless Steel in ranges such as CSX, Clad 5 and Fusion CS5.
- Other ranges, such as our popular Impact range, have an optimal 6.4mm thick bonded sandwich base.
- Please note that each range has different properties (and layers) and so will perform in slightly different ways. However all SCANPAN Stainless Steel products use only the best quality 18/10 and 18/0 stainless steel.
- Stainless Steel Cookware is a healthy, safe and hygienic utensil for everyday cooking.
- The most common criticism of stainless steel cookware is that it sticks. This brought about the introduction of non-stick cookware surfaces now available in many of the brands on the market today, including SCANPAN's exclusive Ceramic Titanium Non-Stick Cookware that is PFOA Free!
- Note: most common cause of sticking is excessive heat!

Avoid excessive HIGH heat by:

1. Setting cooktop to moderate. Place cookware on cooktop and pre-heat at this level for 1 to 2 minutes (depending on cooktop).
2. Add butter, oil or liquid to pan (see oil smoking guide at the conclusion of these instructions) Immediately reduce the setting of the cooktop to moderate to low.
3. Even at this level food will sear. However the pores of the food will fill and release the food from the pan.
4. Finish cooking at this heat level.
5. Plate up but do not put cold water in the hot pan. Allow to cool before doing so.
6. Wash up using instructions above, remembering that any food/oil residue will contribute to future sticking problems and so must be removed.

The key is proper heat settings for the oils you are using and the food you are preparing - do NOT use EXCESSIVE HIGH heat.

Why food can stick to stainless steel:

1. In this time poor/microwave society, there is a tendency to increase the heat too quickly. SCANPAN recommends low to moderate heat for everyday cooking
2. Placing frozen or very cold food into a hot pan. SCANPAN recommends thawing food first and/or allowing it to adjust to room temperature. Please note that cookware can warp if frozen food is placed in a hot pan. Paying attention to temperature differentials will help to avoid sticking and warping.
3. Improper cleaning methods. Never use abrasive cleaners or steel pads which could damage the surface of the pan.

Other Tips

- Scratches and nicks that result are another trap for food particles that will also contribute to sticking. Automatic dishwashers use very tough cleaning chemicals and high heat to clean dishes - this is why SCANPAN recommends hand washing to prolong the useful life of the cookware.
- Avoid over-crowding of the pan. This can result in too much moisture on the cooking surface, a lowering of the temperature required for optimal caramelisation, and as a result no browning will occur.
- Try not to move food around. Let the pan and the food do the work. With the exception of diced vegetables that do need to be moved to prevent burning, the food will be released in most cases after a short period of time.



Oils

- Add cold oil to a cold pan, allowing the oil to heat up with the pan. This also prevents the oil from burning.
- To tell when the oil and pan are hot enough, add a drop of water to the pan. If it sizzles and evaporates, the pan is ready.
- Adding cold oil to a pan at heat will require less oil to cover the surface.
- When the oil ripples and spreads quickly across the pan, it is ready.
- If oil starts to smoke, the pan is too hot.
- The ideal cooking oil should contain higher amounts of monounsaturated and polyunsaturated fats, with minimal or no saturated and trans fats.
- Different fats and oils have different uses, and the guide below summarises the most commonly used and the features and benefits of each.

Definitions

Monounsaturated Fat - a good fat that reduces overall cholesterol levels, and especially "LDL" or bad cholesterol, whilst increasing levels of "HDL" or good cholesterol. Good sources include olive and canola oils, nuts, seeds and avocados

Polyunsaturated Fat - a good fat that has similar benefits as monounsaturated fat above. Good sources include fatty fish (eg salmon, trout, sardines), corn, safflower, sunflower and soybean oils

Saturated Fat - a bad fat that increases cholesterol levels, specifically "LDL" or bad fats. Commonly found in animal based foods such as meat, poultry and eggs, butter/cream/other dairy products. It can also be found in plant-based products such as coconut and palm oils and cocoa butter

Trans Fat - another bad fat. This increases levels of "LDL" or bad cholesterol and actually lowers levels of "HDL" or good cholesterol. Commonly found in packaged snack foods (eg chips) and in fried food particularly in fast-food outlets.



SCANPAN always recommends the use of high heat tolerant oils.

Oils	Types of Fat	Smoke Point °C*
Extra Light Olive oil	Monounsaturated	242°C
Palm oil	Saturated	235°C
Pure Olive oil	Monounsaturated	235°C
Peanut oil	Monounsaturated	232°C
Sesame oil	Polyunsaturated	232°C
Sunflower oil	Polyunsaturated	227°C
Grapeseed oil	Polyunsaturated	216°C
Rice Bran oil	Monounsaturated	213°C
Extra virgin Olive oil	Monounsaturated	207°C
Avocado oil	Monounsaturated	204°C
Canola oil	Monounsaturated	204°C
Vegetable oil	Polyunsaturated	182°C
Butter	Saturated	149°C

* Smoke point is the point at which the oil will burn







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